

Ooi Wei Jin (307)(16)

This I Believe

Zoe Akins once said, "Forgetting is the cost of living cheerfully." However, after trying it out many times, I was still unable to live cheerfully because I simply could not forget what others had done wrong to me. Their wrongdoings would all pile up in my heart even though they had sometimes apologised to me already. After some time, I finally found out the missing step to a pleasurable life---forgiveness. Only by forgiving, I can then forget. Forgiving is part and parcel of my life and it benefits everyone including myself. Hence, I believe in forgiveness.

When I was in secondary two, one friend of mine totally refused to cooperate during group work and procrastinated one time after another. She would often turn up empty-handed and then give all sorts of excuses for not completing her part of the work in time. I just did not see why she could remain so calm when the deadline was nearing yet her work was incomplete. I could not understand how someone could be so selfish. Being so furious at her, I would feel my blood boil whenever I saw her. Everything she said seemed to irritate me. Everything she did seemed to annoy me. Everything of her seemed to displease me. Because I was unable to forgive her, I became very depressed during that period of time. I also felt more stressed than usual. It was then when I suddenly realized that owning an unforgiving heart was so torturous. I was really very foolish to have been so unwilling to forgive. As time passed, I gradually began to forgive her. I found myself being able to talk and joke with her and was overjoyed to be able to patch things up with her. I became much happier in school and in class.

Since that unpleasant experience, I truly agree and believe what Hannah More said, "Forgiveness is the economy of the heart. Forgiveness saves the expense of anger, the cost of hatred, the waste of spirits." Hating someone really does not benefit me in any way. Conversely, it harms me and it affects me negatively. I should not bear a grudge against someone just because he or she did something wrong. After all, I myself have also made mistakes before. In what position am I to hate others when they make mistakes? I should always try to look at a person's merits or good qualities and learn from them instead of fixing my eyes on his or her flaws and shortcomings, then conclude that he or she is a horrible person and get all

worked up.

After all, life is short and time is limited. Why drown ourselves in hatred, animosity and bitterness, when we have better, more meaningful things to accomplish and achieve in life? If everyone is able to forgive and forget, I believe that the world would definitely be a better, lovelier place to live in.